

Navy Operational Fitness & Fueling Series (NOFFS)



Pillar Prep: Torso (Level 1)



Athletes
PERFORMANCE

Pillar Bridge (30 sec hold)

Why:

- Introduce pillar activation

Coaching Keys:

- Push tall through elbows
- Maintain neutral spine



Pillar Prep: Torso (Level 2)



Athletes
PERFORMANCE

Pillar Bridge w/ Arm Lift

Why:

- Introduce rotary stability

Coaching Keys:

- Do not let trunk move as arms leave the ground
- Keep weight even as arms lift



Pillar Prep: Torso (Level 3)



Athletes
PERFORMANCE

Plank w/ Alternating Hip Flexion

Why:

- Introduce hip separation

Coaching Keys:

- Draw one knee towards chest keeping the back leg straight
- Move in control



Pillar Prep: Shoulder (Level 1)



Athletes
PERFORMANCE

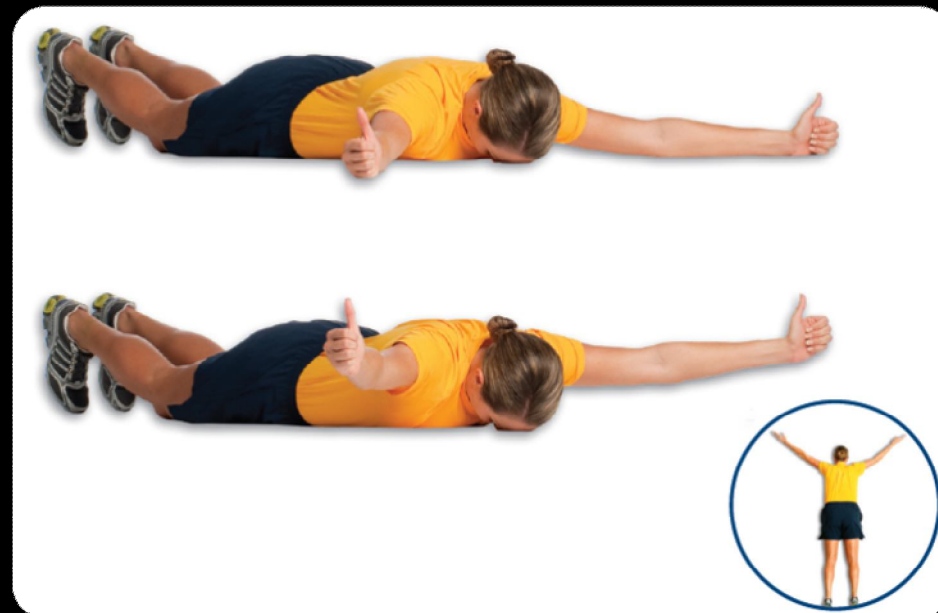
Y's – Deck

Why:

- **Introduce scapular stability and scapular movement**

Coaching Keys:

- **Keep stomach tight and thumbs up**
- **Initiate movement with shoulder blades not the arms**



Pillar Prep: Shoulder (Level 2)



Athletes
PERFORMANCE

Y's – Bent Over

Why:

- Improve scapular stability with increased pillar demand

Coaching Keys:

- Hinge at waist, back flat & chest up
- Initiate movement with shoulders, not arms



Pillar Prep: Shoulder (Level 3)



Athletes
PERFORMANCE

T's – Bent Over

Why:

- Improve scapular stability with increased pillar demand

Coaching Keys:

- Hinge at waist, back flat & chest up
- Keep shoulder blades back and down, “pinch” together



Pillar Prep: Hip (Level 1)



Athletes
PERFORMANCE

Glute Bridge (30 sec hold)

Why:

- Introduce glute activation and pillar stability

Coaching Keys:

- Initiate movement with glutes/hips
- Keep toes pulled to shins



Pillar Prep: Hip (Level 2)



Athletes
PERFORMANCE

Glute Bridge Marching (Knee Extension)

Why:

- Introduce pelvis stability in one leg posture

Coaching Keys:

- Initiate movement with glutes
- Alternate knee extension



Pillar Prep: Hip (Level 3)



Athletes
PERFORMANCE

Glute Bridge Marching (Hip Flexion)

Why:

- Introduce pelvis stability with hip separation

Coaching Keys:

- Initiate movement with glutes
- Lift one knee toward chest, then alternate legs



Movement Prep (Level 1)



Athletes
PERFORMANCE

Mini Band – External Rotations

Why:

- Activation of external rotators of the hip

Coaching Keys:

- Keep feet flat on the floor
- During the movement - keep pelvis stable



Movement Prep (Level 2)



Athletes
PERFORMANCE

Mini Band - Bent Knee Lateral Walk

Why:

- Introduce pelvis stability with lateral movement

Coaching Keys:

- Keep chest up and back flat
- Keep knees apart at all times



Movement Prep (Level 3)



Athletes
PERFORMANCE

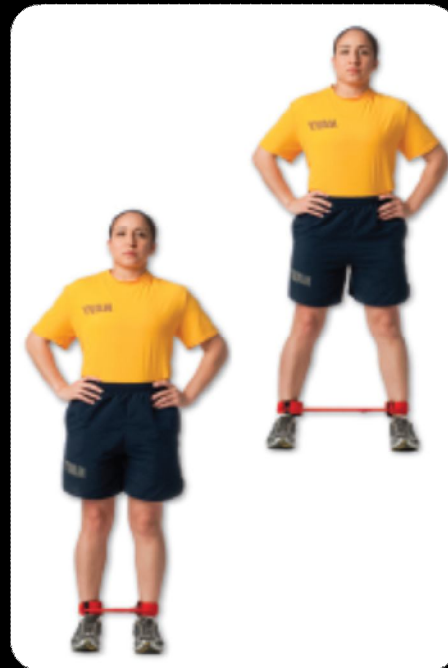
Mini Band – Straight Leg Lateral Walk

Why:

- Introduce pelvis stability with lateral movement

Coaching Keys:

- Keep chest up and back flat
- Keep tension on the mini band at all times



Movement Prep (Level 1)



Athletes
PERFORMANCE

Reverse Lunge, Elbow to Instep - Kneeling

Why:

- To improve flexibility in hips, hamstrings, and hip flexors

Coaching Keys:

- Kneeling, take a half step forward with left foot
- Contract back glute during stretch



Movement Prep (Level 2)



Athletes
PERFORMANCE

Reverse Lunge, Elbow to Instep – In Place

Why:

- Introduce dynamic stability to movement

Coaching Keys:

- Keep the back knee off the ground
- Contract back glute during stretch



Movement Prep (Level 3)



Athletes
PERFORMANCE

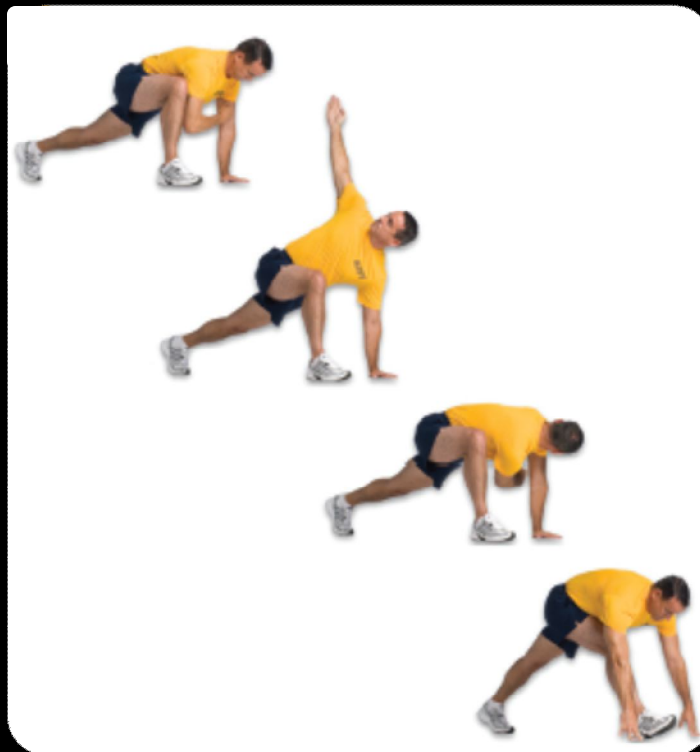
Reverse Lunge, Elbow to Instep w/ Rotation

Why:

- Introduce thoracic rotation to movement

Coaching Keys:

- Rotate right arm & chest to the sky as far as you can
- Contract back glute during stretch



Movement Prep (Level 1)



Athletes
PERFORMANCE

Lateral Squat - Alternating

Why:

- Increase the flexibility of the groin and hip

Coaching Keys:

- Hip and heel pressure on working leg
- Keep your opposite leg straight, back flat, and chest up



Movement Prep (Level 2)



Athletes
PERFORMANCE

Lateral Squat – Low Alternating

Why:

- Introduce dynamic stabilization of pelvis during movement

Coaching Keys:

- Keep hips low throughout movement
- Keep weight on mid foot to heel



Movement Prep (Level 3)



Athletes
PERFORMANCE

Lateral Lunge - Alternating

Why:

- Increase proprioceptive demands of movement

Coaching Keys:

- Dynamically move into the lateral squat position
- Keep chest up and back flat



Movement Prep (Level 1)



Athletes
PERFORMANCE

Inverted Hamstring w/ support

Why:

- To improve hamstring flexibility, along with pillar stabilization

Coaching Keys:

- Maintain a line from ear to ankle
- Try not to let foot touch ground between repetitions



Movement Prep (Level 2 & 3)



Athletes
PERFORMANCE

Inverted Hamstring

Why:

- Increase stabilization demands of working hip

Coaching Keys:

- Maintain a straight line from ear to ankle
- Try not to let foot touch ground between repetitions

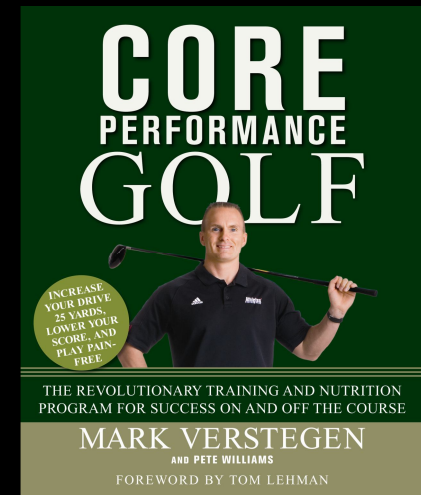
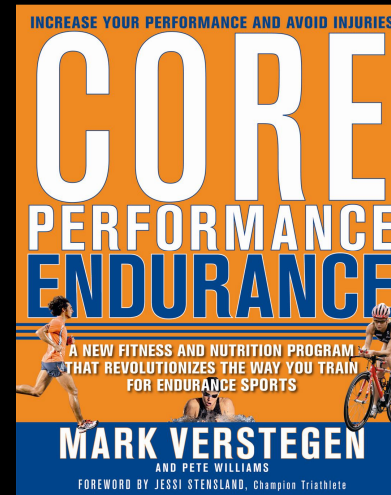
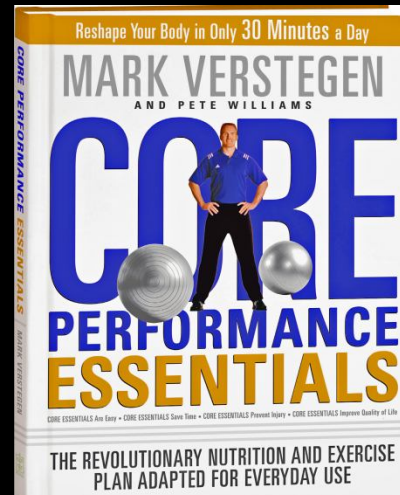
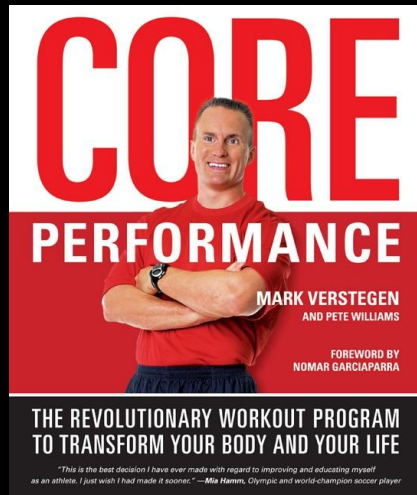


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Athletes
PERFORMANCE

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www.coreperformance.com

